

Intervention: Workplace interventions for smoking cessation

Finding: Mixed evidence

Potential partners to undertake the intervention:

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|---|---|
| <input type="checkbox"/> Nonprofits or local coalitions | <input checked="" type="checkbox"/> Businesses or labor organizations |
| <input type="checkbox"/> Schools or universities | <input type="checkbox"/> Media |
| <input type="checkbox"/> Health care providers | <input type="checkbox"/> Local public health departments |
| <input type="checkbox"/> State public health departments | <input type="checkbox"/> Policymakers |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other: |

Findings from the systematic reviews:

There is mixed evidence on the effectiveness of workplace interventions on smoking cessation. While there is limited evidence that participation in programs can be increased by competitions and incentives organized by the employer, there is consistent evidence that workplace tobacco policies and bans can decrease cigarette consumption during the working day. There is conflicting evidence about whether these policies and bans decrease smoking prevalence or overall consumption of tobacco by smokers.

There is a lack of evidence that comprehensive approaches reduce the prevalence of smoking, despite the strong theoretical rationale for their use. Additionally, there is a lack of evidence about the cost-effectiveness of workplace programs.

When considering workplace interventions, it is important to note that there is strong evidence that interventions directed towards individual smokers increase the likelihood of quitting smoking. These include advice from a health professional, individual counseling, group counseling and pharmacological treatment to overcome nicotine addiction. Self-help interventions are less effective.

References:

Moher M, Hey K, Lancaster T. Workplace interventions for smoking cessation. *The Cochrane Database of Systematic Reviews* 2003, Issue 2. Art. No.: CD003440. DOI: 10.1002/14651858.CD003440.